



# David E. Simai M.D.

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### Management of Croup

#### What is croup?

Croup is a barking cough that children often have when they have certain viral infections.

Most of these are caused by the RSV and Para-Influenza viruses.

#### Why do only kids have croup?

Infants and toddlers have very small and narrow upper airways. When they catch an upper respiratory cold, their airways swell and become even more narrowed. Adults have large airways and even though they also swell, the swelling is minimal in comparison to the large airways they have.

#### How can I treat the croup?

- Humidify
  1. Lower the thermostat to 68-69 degrees
  2. Open the window in the room as much as you can, the **wider open they are, the less your child will cough**, and just make sure that your safety screens are on.
  3. **Steam shower** for 10 minutes
  4. **Walk outside**; usually the croup will disappear within seconds of walking outside.
  5. If all fails and your child is struggling to breath – give oral steroids (Orapred or Prednisolone) – 1 teaspoon per 15 pounds in weight.
  6. If nothing helps and your child is experiencing hard time breathing – **go to the nearest ER or call 911.**
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- How long does the croup last?

Most cases last 3-5 nights, The cough can turn “wet sounding” after a few days.

- Can croup happen again?

Yes. It may take years until your child’s airways will enlarge enough in order not to be croupy anymore.

- Should I come to the doctor’s office?

If your child has a fever or is acting tired, or breathing fast or has a fever (temp above 100.4 rectally) schedule an immediate appointment.

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